

**Staff Holiday
Appreciation Party
"Arabian Nights"
Tuesday, December 9
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PUISÉ



THE NEWSLETTER OF THE
SIR MORTIMER B. DAVIS
JEWISH GENERAL HOSPITAL

15 seconds to better health

Proper and frequent hand washing is the key to preventing the spread of many common infections. It's the best way to protect your health and the health of others. Follow this step-by-step process to correctly wash your hands:

1. Wet your hands and apply liquid soap.
2. Rub your hands vigorously together, scrubbing all skin surfaces.
3. Pay special attention to the areas around your nails and between your fingers.
4. Continue scrubbing for at least fifteen seconds, or the time it takes to sing Happy Birthday twice.
5. Rinse your hands and dry them well.

To use an alcohol-based hand sanitizer:

1. Apply about 1/2 teaspoon of the product to the palm of your hand.
2. Rub your hands together, covering all surfaces of your hands, until they're dry.

If your hands are visibly dirty, however, wash with soap and water, if available, rather than a sanitizer.

It's very important to wash your hands:

- Before meals
- Before feeding children, including breastfeeding
- After changing diapers or helping a child use the toilet
- Before and after preparing food
- After using the toilet
- After blowing your nose, coughing or sneezing
- Before and after treating wounds or cuts
- Before and after visiting with people who are sick
- After handling animals or their waste
- After handling garbage
- Before inserting or removing contact lenses



routine (roo-TEEN), noun

1. referring to a customary or regular course of procedure, typical or everyday activity. 2. any regular course of action or procedure rigidly adhered to by the mere force of habit.

Your morning coffee, checking your emails, reading the paper first thing in the morning. These habits are part of most people's routine and bring a sense of balance to one's life. But did you know that a routine as simple as 15 seconds long can have a significant impact on your health?

What is this? Hand washing of course! Most common infections are spread through hand-to-hand contact, yet many people still don't practice this simple task.



Throughout the day, our hands come in contact with hundreds of surfaces that are often covered in germs: door knobs, keyboards, telephone receivers, etc. If you do not wash your hands frequently, these bacteria can infect you and others.

"Good, frequent hand washing is the best way to prevent infectious diseases of all kinds," said **Isabelle Caron**, Nursing Director, Geriatrics, Medicine and Mental Health. "With a bit of practice, everyone can learn how to wash their hands properly and reduce the spread of infection."

So how does something so simple prevent almost 80 per cent of common infectious diseases? According to Health Canada, the mechanical action

Cont'd on page 2

Hand washing, the best way to decrease the spread of infection



Care For All.

On prend soin de François MI TÖRÖDÜNK A SÀNDORRAL **Иванович** **Залчаг** Aalagaan ka naming ng mabuti **Corazon**
Ми бринемо о Јовани **Cuidamos de José** **My opiekujemy się Marysia** **לדאג לאריאל** **We care for Allison**
Chung Tõi chäm sóc-Lam **PRAN SOUIN GRAN'N LAMÈCI** **Θεραπεύουμε τον Γιώργο** **Noi ne ocupăm de Dino**
זארגן פאר גרשון **ZABOTA OB IBAHE** **PRENDIAMO CURA DI CARLA** **Salud para Miguel** **我们照料李宁**

Names in the News



A warm welcome to **Dr. Alan Spatz**, the new Chief of Pathology. Dr. Spatz joins the JGH after working in the Department of BioPathology at the Gustave-Roussy Institute in Villejuif, France, where he was the Director of Dermato-pathology for 12 years, and Chief of the Immuno-pathology and Biopsy units.

Best wishes to **Dr. Perle Feldman** on being awarded the 2008 YMCA Women of Distinction Award in the category of Health and Science. Dr. Feldman was chosen for her contribution to the community and the advancement of women, as well as for her personal and professional achievements.

Dr. Feldman has since relocated to Toronto.



Congratulations to **Dr. Mark Wainberg** on being named a Chevalier of France's Légion d'honneur. This world-renowned honour was presented on behalf of the French President, Nicolas Sarkozy, and is the highest decoration in France. Dr. Wainberg was chosen for inclusion in the Légion for his exceptional work in the HIV/AIDS field, as well as in appreciation for the role he has played in helping to save millions of lives around the world and in strengthening scientific collaboration and friendship between France and Canada.



Dan Gabay has been appointed the Assistant to the Director of Professional Services. Mr. Gabay brings to the position a wealth of knowledge as a former business analyst at General Electric. In his new role, he will assess the needs of departments that fall under the auspices of the Director of Professional Services to increase the efficiency of day-to-day operations.

Congratulations to **Dr. Howard Chertkow** on being awarded the 2007 Irma M. Parhad Award for Excellence. This honour was awarded by the Consortium of Canadian Centres for Clinical Cognitive Research for his outstanding contribution to the understanding

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of hand washing - rubbing the hands together with soap and water - breaks down the tiny bits of grease, fat and dirt that germs cling to. Soap doesn't actually kill the germs. Instead, it's the combination of soap, rubbing, rinsing and drying that helps these bugs slide off your hands.

If you can't get to a sink, alcohol-based hand sanitizers are just as effective. Nevertheless, it's important to note that many commercially produced sanitizers are not all

made the same. In order to get the most out of waterless products, always make sure they contain at least 60 per cent alcohol, such as the Microsan® dispensers conveniently located throughout the hospital which are approved by Health Canada.

So there you have it: why you should wash your hands in a nutshell. As you can see, it really doesn't take much effort at all and its benefits have a significant impact on your health and the spread of infection. Hand washing: protecting your health and that of others!

Pulse

SIR MORTIMER B. DAVIS
JEWISH GENERAL HOSPITAL

JGH.ca

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For information about advertising in *Pulse*, please consult JGH.ca or call 514-340-8222, ext. 5818.

We apologize in advance for any errors, misspellings or omissions. Please note that to our knowledge at press time, all information in this publication was accurate.



and treatment of patients suffering from cognitive disorders.

Mary Coppola has been appointed Coordinator of Radiology Services.

Congratulations to **Dr. Annett Koerner** on being appointed Senior Associate of the Segal Cancer Centre. Dr. Koerner has extensive experience in skin cancer and research. She has begun working with **Dr. Manish Khanna** (Dermatology) and is part of a Canadian Partnership Against Cancer project generating Web-based sites for melanoma referral, education and research across Canada.

A warm welcome to **Dr. Sven Wassmann** who has joined the Cardiology Division in the Department of Medicine. Dr. Wassmann was an accomplished cardiologist and Associate Professor at the University of Bonn in Germany. Dr. Wassmann's principal role at the JGH will be as a clinician scientist. In his laboratory, he will continue the work he pioneered in Germany, and he will significantly

enhance vascular biology research at McGill University. His clinical responsibilities in Cardiology will be mainly within the cardiac catheterization laboratory, where he will use many of the advanced techniques he provided in Germany.

In Memoriam

The JGH extends its deepest sympathies to the families of **Dr. Daniel Wiener** and **Dr. Brahm Hyams**.



Dr. Daniel Wiener

For more than four decades, Dr. Wiener won the admiration of his patients for his skill in dealing with high-risk pregnancies in the Depart-



Dr. Brahm Hyams

ment of Obstetrics and Gynecology. Dr. Wiener helped parents during the most exciting moments of their lives – and through the years, he brought thousands upon thousands of babies into the world, here at the JGH. He also earned the respect of the staff for his tireless efforts as a mentor and educator. Dr. Wiener received his M.D. from McGill University in 1972 and joined the JGH in 1976.

Dr. Hyams obtained his M.D. from McGill University in 1956 and joined the Department of Urology at the JGH in 1962. He later returned to pursue studies in radiology and has worked in the Department of Radiology since 1971. Dr. Hyams was a past President of the Montreal Clinical Society, a society that was founded in 1923 by Jewish doctors at a time when it was difficult for them to find professional appointments in Montreal. In later years, when discrimination was no longer an issue, the society's main activity was a lecture series.

"Dr. Hyams was a fixture of the JGH for over four decades," said Dr. André Lisbona, former Chief of Radiology and long-time colleague. "He was extremely dedicated, hard-working and an important component of our staff, but most of all he was a loyal friend. We will all miss him." ■

Fun times for the ICFP

The anxiety level of **Susan Superstein** used to peak when the group at the ICFP Day-Hospital used to play on the patch of grass at the corner of Légaré and Côte-Ste-Catherine.

"My biggest fear was that a child would run on to the street at any given time. We really needed a safe area for the children to play."

After a child injured himself last

year, **Rosemary Short**, Head Nurse in Child Psychiatry met with **Stephan Simioni**, Chief of Maintenance and Plant Operations, to discuss the possibility of building a playground.

"It was hard to find a secure area where the children could play and with the help of Stephan and his entire department we were able to make it happen," said Ms. Short.

"Not only is the playground fun, but therapeutic as well. Playgrounds provide children with the opportunity to master conflict negotiation and other life skills that we try to instill in our students on a daily basis." ■



Staying in tip-top shape!

In an effort to continually improve the cleanliness of our corridors, clinics and patient rooms, the Department of Housekeeping has embarked on Quality Control Audit project.

Once a month, an outside company carries out a thorough inspection of each unit based on various criteria. The audits measure the cleanliness of the ventilation systems, windows, baseboards, beds, tables and other points. These criteria are weighted according to their importance and are given a rating of excellent, good, medium or poor. Once the results are compiled, they are submitted to Housekeeping which is responsible for carrying out a thorough internal follow-up.

"This is yet another way the Department of Housekeeping is helping to improve the quality of patient care," said **Tony Nappi**, Chief of the Department of Housekeeping.

After the first of these quality inspections, the Post-Partum Unit came out on top with an overall score of 84.3 per cent, thanks to the hard work of **Pauline Reid** and **Maritese Cadete**, general cleaners in Housekeeping.

"These audits are a great tool," said Mr. Nappi. "We

The staff of the Housekeeping Department is an important part of the JGH. Its hard work and dedication often goes unnoticed, but not **Delia Solomon**.

Ms. Solomon started her career at the JGH in 2006 when she was offered a job in the kitchen. After working there for a few years, an opening came up in the Housekeeping Department for weekend staff.

Since then Ms. Solomon has worked as a floater, who cleans patients' rooms after patients move or are discharged. She is a perfect fit according to **Sherry Stecker**, Assistant Chief of Housekeeping Services. "Her work



Melanie Martin, a Housekeeping Supervisor, instructs Housekeeping Attendant Barry Jones on proper cleaning practices.

can pinpoint exactly which areas need to be improved, and since they are conducted by an outside company, they are completely unbiased." ■

is constantly praised. She is reliable, hard-working and dedicated. We are very lucky to have her."

Not only does Ms. Solomon's work produce tremendous praise, but her goodwill assists many of the patients at the JGH. In her free time, Ms. Solomon volunteers on 4W by spending time with the patients on the unit.

"Some of the patients don't have anyone. I go up and talk to them and help any way I can," said Ms. Solomon. "I like people, I like to help." ■

Lounging around

Where do you go to relax when you need five minutes to get away from the daily grind? Just look at the area the staff of Diagnostic Medicine have. Hundreds, even thousands, of feet walk by this area, day in and day out, and none would be the wiser. Nestled between the Test Centre and Pavilion G is an area nice enough to be your apartment. Equipped with two fridges, a convection oven, a microwave, coffee maker, couches and a 'quiet room', it is a veritable oasis for 150 staff members.

"The area we had before was unsuitable," said **Rocco Starnino**, Chief Technologist, Diagnostic Medicine. "We had old carpeting, and the paint was peeling. We just needed an area to relax."

Five years ago, **Dr. Elizabeth MacNamara**, Chief of Diagnostic Medicine, and her staff decided that something needed to be done to create an area close

to their labs that was tranquil and secure.

This space does not come without a price, however. "When we proposed this idea, we made every employee understand that it would never work unless everyone pitched in to keep it clean," said Mr. Starnino. "There was no point in investing in such a large project if no one was going to take responsibility and look after it."

And clean it is. With the help of a Lounge Committee, upkeep schedule, and lounge rules, every employee knows exactly what is expected.

This lounge is a wonderful example of teamwork in action.

"Everyone who contributes to the lounge has access to it. We work on the honour principle and to date, it's worked very well!" added Mr. Starnino. ■



Omega-3 fatty acids: real benefit or “fishy story”?

More and more people are talking about the health benefits of omega-3. You probably started buying “omega-3 eggs” or milk enhanced with omega-3 to boost your intake of this healthy nutrient. From helping to keep your heart healthy to looking after your skin, what are these fats, what do they do and where can you find them?

Interest was sparked in the early 1980s when researchers found that Greenland Inuit had low rates of heart disease, attributed to their traditional omega-3-rich diet of marine animals and fish. Since then thousands of studies have documented how these fats can benefit the cardiovascular system by helping to lower triglycerides, increase HDL-good cholesterol, and exert anticoagulative and blood pressure-lowering effects.

Promising results have shown up in other areas, such as rheumatoid arthritis, asthma and certain degenerative health conditions, since omega-3 can help protect against blood clotting and inflammation.

Omega-3 fats are a type of polyunsaturated fat. Three main omega-3 fats are found in food: Alpha-linolenic acid (ALA), found naturally in some plants including canola, flax, rapeseed and soybean oils, soft margarines made from these oils, ground flaxseed, tofu and walnuts. Eicosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA) are found mainly in fatty fish like salmon, herring, sardines and rainbow trout.

The recommended intake of ALA for healthy adults is 1.1 grams a



day for women; and 1.6 grams a day for men.

Even though attention has been focused on the cardioprotective benefits of marine sources of omega-3 namely, EPA and DHA, studies have demonstrated that regular consumption of a variety of omega-3 fatty acid sources is associated with 30 to 60 per cent reductions in death stemming from cardiovascular disease.

Tips to increase your intake of omega-3:

- Eat fatty fish twice a week
- Sprinkle ground flaxseed or walnuts on yogourt, cereal or salads
- Snack on a small handful of walnuts ■

Pharmacy Phacts

What is the significance of increased resistance to antibiotics?

When people are exposed to microbes from a specific drug or group of drugs, like antibiotics, their bodies start to develop a resistance to the microbes. This is a problem, because it requires the use of stronger antibiotics to treat infections that could otherwise be treated with a lower dose of antibiotics.

How to safely dispose of prescription drugs

Medications need to be disposed of properly. Special bins are required for chemotherapy waste, others for vials and ampoules, while some types of waste require an autoclave. The Pharmacy Department and retail pharmacies are able to properly dispose of medications; therefore,

everyone is strongly encouraged to bring medications to pharmacies for safe disposal.

It's important to note that patches, puffers and other medication accessories must also be disposed of using the same disposal method and should be brought to pharmacies for safe destruction.

Why shouldn't you throw unused medication in the trash or flush it down the toilet?

When you throw out or flush medications, the chemicals are broken down and absorbed into the soil or dispersed into local water systems. This means that people become increasingly exposed to the chemicals, which is bad for the environment and can lead to a resistance to antibiotics in some people.

Tips for proper medication use

- Do not stop taking prescription drugs unless you experience an adverse reaction.
- Be sure to check your medicine cabinet at least once a year and bring any unused and expired medication to a pharmacy for safe disposal.
- If you're unsure about your medication's expiration date or are confused about prescription instructions, ask your pharmacist.

Questions or comments: JGH Pharmacy: 514-340-8222 ext. 5025, mmartin@jgh.mcgill.ca ■



Accreditation 2009

Accreditation Canada (formerly the Canadian Council on Health Service Accreditation) advises clients how to reach standards of excellence. Organizations that participate in the accreditation program benefit from a thorough assessment that leads to an action plan for improving every aspect of the health care and services they deliver.

Welcome to Qmentum

In 2008, Accreditation Canada introduced a new concept: the Qmentum.

**Q = Quality
mentum = Building momentum,
action, energy, moving forward**

Qmentum's features include new and revised standards, indicators, Required Organizational Practices, self-assessment questionnaires and instruments, and Quality Perfor-

mance Roadmaps. As well, Qmentum improves the survey process and the accreditation reports.

Team selection

The selection of teams and co-chairs took place last summer. A total of 20 teams will be working on the accreditation process for the JGH. The surveyors visit is planned for November 2009.

Self-assessment questionnaires

All accreditation teams will use a new tool for their self-assessment: a questionnaire. Many of you will be asked to participate in the process. The results of these questionnaires will appear in a Quality Performance Roadmap, which teams will use to assess the quality of their services.

Instruments

Another addition to the accreditation process is the introduction of instruments. Two instruments, featuring the Patient Safety Culture and the Work Force Pulse, will require the participation of many staff members. The results of these specific questionnaires will be used by the JGH to improve our services, and by Accreditation Canada for benchmarking.

As an organization, we are a year away from accreditation, with a lot of exciting teamwork ahead of us. Updates will be provided as we proceed. ■

Jocelyne Pepin
2009 Accreditation Coordinator

Incident/Accident reporting

It is now mandatory to report any incident or accident using the AH-223 Incident / Accident Declaration Report Form which was introduced hospital-wide on April 1.

All incidents and accidents involving patients, visitors, staff or volunteers must be documented using this form with the goal of identifying the cause(s) and preventing the recurrence of such events in the future.

The reporting of an incident or accident, which is required by law, ensures the provision of quality of care and services. Follow-ups are conducted in the spirit of "no-blame, no-shame".

The form is available in all departments and units. If it is not, please order it as soon as possible by calling Stores at ext. 5543 or by visiting Room B-19. For any questions or comments related to this new form, please contact **Lianne Dzygala**, Risk Management Advisor in the Quality Program, at ext. 4838. ■



What is Code White?

- Code White refers to a trained team response to a behavioural emergency involving patients in a healthcare setting.
- A multi-disciplinary committee is co-chaired by **Rosalie Johnson**, Coordinator of the Nursing Resource Centre and **Guy Lessard**, Head Nurse of Out-Patient Psychiatry. Members represent Nursing, Security, Risk Management, PAB's, Nursing Coordinator, Syndicat and Human Resources. The committee continually focuses on how to provide and promote a safe environment for staff, patients and families.
- The Code White team works in collaboration with doctors, nurses and other allied healthcare workers to manage aggressive behaviour. A Code White can be called by Telecommunication at ext. 5555.
- At the JGH, OMEGA is currently being offered to staff as a new way to manage the de-escalation of aggression. It consists of a four-day workshop/course that will be given to Code White team members and personnel of high-risk areas such as Psychiatry and Emergency.
- All Code Whites must be documented on the hospital's AH-223 Incident/Accident Declaration and are reviewed and analyzed to monitor trends over time. ■



The meaning and practice of spiritual care

The spirit is a natural dimension of every person, and the word "spirituality" signifies an awareness of a relationship with all of creation, an appreciation of presence and purpose that includes a sense of meaning. Spirituality also includes spiritual care—and this encompasses pastoral care. Those who provide spiritual care in healthcare settings are often known as chaplains.

Spirituality is a means for individuals to recognize and cope with the fact that they are not merely physical bodies that require mechanical care. In times of crisis, people find that their spirituality helps them cope with illness, trauma, loss and life transitions by integrating body, mind and spirit. Many believe in the capacity of spirituality to aid in recovery from disease; more than 80 per cent of the population believes in

the healing power of personal prayer, using it or other spiritual practices during illness.

Many people, inside and outside traditional religious structures, report profound experiences of transcendence, joy and connection to nature, self and others as they strive to make their lives meaningful and to maintain hope when illness strikes. Support for their efforts is appropriately thought of as spiritual care, because their search leads to spiritual questions such as, "Why do I exist?", "Why am I ill?", "Will I die?" and "What will happen to me when I die?"

Because of the risk that patients might be seen merely as "biological garages where dysfunctional human parts are repaired or replaced" modern institutions such as the Jewish General Hospital include this spiritual dimension in their mission

statement. It is this daily provision of care that helps to increase the quality care to our patients. ■



Rabbi Raphael Afilalo
JGH Director of Pastoral Services

"Floating" through the JGH

As the fall term comes to a close, students across the province have begun thinking about sleeping in, but not **Tharsika Sinnathamby**.

After volunteering as a student floater during summer 2006, Ms. Sinnathamby knew she wanted to return the following year. After finishing her first year at Marianopolis College in Health Sciences, "I just had to come back; it was so much fun being here. A big part of my motivation is the people I get to work with. Everyone here is just so nice and friendly and I get to learn so much about health and medicine."

Ms. Sinnathamby initially came to the JGH to complete a course requirement for the International Program at Marymount High School. "I came to the JGH because it was close to home, but I keep coming back because I love it," said Ms. Sinnathamby.

Ms. Sinnathamby is in her first year in Biochem-

istry at McGill University and eventually hopes to work in Pharmacology, creating new life-saving drugs. "I love the lab atmosphere, and hopefully next year, when I come back, I can volunteer in Pharmacy and eventually work there once I graduate."

"We have students who come from all English- and French-language CEGEPs and universities and we are so grateful for their help," said **Barbara Lang**, Director of Volunteer Services.

"Volunteering in one of the largest acute-care hospitals in the province is not easy; it takes a great sense of responsibility, commitment and dedication and Tharsika is just wonderful. We were so happy to have her year after year."

If you would like to volunteer or know someone who would, contact JGH Volunteer Services at ext. 5984 or visit Room A-033. ■



Many thanks

The Jewish General Hospital staff is tops

The dedication of JGH staff to patients' well-being does not go unnoticed. Here are some of the many letters of thanks that have been sent to devoted hospital employees.

It's not often that we hear anything positive about our healthcare system, and I would like to take this opportunity to offer a little well earned praise.

In June, I spent a great deal of my time as a patient at the Jewish General Hospital, first in 7 Northwest and then in 3 West. During that time, I developed great respect for the staff at this hospital (housekeeping, orderlies and nurses) who, without fail, always met patients with a smile and treated them with empathy, compassion and kindness - even those of us who were most difficult. It was an honour for me to meet such a dedicated staff and the Jewish General, along with its patients, should feel very proud and privileged to have them.

Suzanne (Fiset) Cowan
Montreal

Reprinted with permission of the Gazette

I had to visit your hospital twice in Orthopedics and I must say the team was fantastic. Everyone I dealt with was kind, generous, knowledgeable and took their time to answer my questions. I would especially like to mention the devotion of Dr. Ariae, who treated me like no other doctor ever treated me. He took the time to explain everything where and how we were going to treat my knees. Please do not lose that doctor. He is an asset to your team. Your people are the best!

Normand Joly
Mont Tremblant

During the summer, after travelling for five weeks around the Great Lakes, my wife, Marjoan, and I were in the Adirondack Mountains, where I experienced a sharp pain in my belly. When we arrived in Montreal, I ended up in the ER at the Jewish General Hospital and was diagnosed with appendicitis. When I woke up in the morning, it was obvious what a close call I had had and how much I owed to Dr. Shannon Fraser and her team for saving my life.

My 11 days at the JGH will always remain a treasure in my memory. I will never forget the care, kindness and patience of the nurses and orderlies. Your hospital is a small United Nations, where Jews, Muslims, Christians and people of other faiths work together for the benefit of everyone. The world could learn a lot from the JGH.

Even the non-medical staff try to help you in any way possible. We met a security guard named Yvon, whose mother was a Dutch war bride, and whose father was a Canadian soldier. When Yvon learned that he had a fellow countryman in the hospital, he helped my wife and cheered me up repeatedly.

In the hard world of pain, disease and suffering, the Jewish General Hospital is where you put your life in the hands of people who are totally dedicated to the well-being of the patient.

Hans Onderwater, Holland

It is with great gratitude that I would like to inform you of a spectacular job in the main operating room suites.

A few weeks ago, I had presented myself to Paul Lazanis with a request for a clean-up of the floors which needed urgent attention. Mr. Lazanis responded right away and took my request seriously in a very friendly and professional manner.

I have to say that today the OR looks almost as good as new. This helps maintain a safe environment while helping to reduce the spread of infection.

The JGH should be proud of its entire team.

Ana Rosman



Staff Holiday Appreciation Party “Arabian Nights”

The JGH welcomes the festive season – Moroccan style! Staff members are invited to an “Arabian Nights” Staff Appreciation Party.

Come and enjoy a savoury Morocco-inspired meal with your colleagues in the main Cafeteria, followed by a “night in the oasis” where DJ entertainment, belly dancers, door prizes and more await you in the Samuel S. Cohen Auditorium (A-102).

When: Tuesday, December 9, 4:00 p.m.

Where: Cafeteria

For those who work the night shift and can't make the evening festivities, a special breakfast will be served in the morning from 6:30 – 8:30 a.m. in the Samuel S. Cohen Auditorium.

For more information please contact **Carolyne Baker** at ext. 4580. ■

Beat the flu and win!

With winter come skiing, snowmen, skating and... the flu? Not necessarily. If you're tired of spending winter in constant fear of catching the flu, now is the time to act!

By calling Health Services at extension 5115, you can make an appointment to get a flu shot. If you get yours before Dec. 17, your name will be entered in a draw for an LCD television, a Sony Cybershot camera, an MP3 player or another fabulous prize.

So don't get stranded indoors this winter. Get a flu vaccination and stay healthy! ■



Out with the old, in with the new

JGH.ca undergoing a complete overhaul!

Over the course of the summer, potential website suppliers sent in their bids to help overhaul the JGH.ca, the hospital's website. The revamp will include a new look, new navigation structure and improved software to make it even easier to update your department's site. The software will also include features such as blogs, on-line event registration. Look for the new JGH.ca in spring 2009.

Looking forward to a new website doesn't mean forgetting about the current one. There have been many changes over the past year, with new features and sections giving visitors more in-depth content about the JGH.

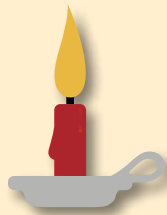
Here are some sites that might interest you:

- The Feature Story, located on the home page, highlights a story from one of our publications, such as *JGH News* or *Pulse* (visit JGH.ca).
- The Media Centre and its Newsroom have all the news about the JGH. You'll find newspaper articles mentioning the hospital, as well as television and radio stories. You'll also find audio and video podcasts, our

publications, useful links and much more (JGH.ca/media).

- The Health Sciences Library's new portal (JGH.ca/HSL).
- Writer **Belle Ziniuk** goes one-on-one with some of the JGH's most distinguished healthcare professionals in her opinionated column, Belle's View (JGH.ca/belle).
- The Segal Cancer Centre has a home online (JGH.ca/segalcancercentre).
- Information about the JGH-hosted McGill Glaucoma Patient Education Centre can also be found online. (JGH.ca/glaucoma).

Remember, each department is in charge of creating content for its web page or web site. If you would like to start a web page for your department, or if your department's web information is outdated, please contact **Daniel Nahmias-Léonard** at ext. 2676 or at webmaster@jgh.mcgill.ca. ■



Dates to remember...

Notes

• **November**
Diabetes Month

• **November 18**
Conquering Chronic Pain:
Hope for the Future
5:30 - 7:00 p.m.
JGH Hope & Cope
Wellness Centre
For information please call
514-340-3616

• **December 6**
**National Day of Remembrance
and Action on Violence
Against Women in Canada**

• **December 9**
**"Arabian Nights" themed
Holiday Party (see page 9)**

• **December 21**
First day of winter

Notes

• **December 22**
First night of Hanukkah -
first candle is lit after
sundown. Festival ends at
sundown on Dec. 29

• **December 25**
Christmas Day
Most clinics closed
To be safe, please call ahead

• **December 26**
Boxing Day
Most clinics closed
To be safe, please call ahead

• **January 1**
New Year's Day
Most clinics closed
To be safe, please call ahead

• **January 21**
Long Service Reception
2:30 - 4:00 p.m. in the
Samuel S. Cohen Auditorium (A-102)

